



ALAMEDA ISLAND AQUATICS

May, 2010

www.alamedaislanders.org

President's Message

Once again we held a very successful Open House and the follow-on Novice Program is under way. Thanks to the many people who helped us with this, especially Lisa Cuenca and Rebecca Boles. It's very important that we continue to bring new members to the team and this program is a very successful way of doing so. If you know someone who might be interested in

swimming with the Islanders, please send them to our web site at <http://www.alamedaislanders.org> or have them send an e-mail to membership@alamedaislanders.org.

Summer is fast approaching and with that there will be some schedule changes. Please watch for communications from your coaches regarding practice times and locations as we sometimes change for the summer.

More on this soon.

Rhonda Lam recently notified those who still have volunteer hours to complete. If you have any questions on how to do this, please contact Rhonda and she can help you find ways to complete your volunteer service.

Thanks everyone, and see you at the pool!

Don Krause AIA President

Coaches corner

Islander swimmers continue to shine in the pool. Since the last newsletter, several Islander swimmers swam in the prestigious Far Western Swim Championships. This meet is one of the top age group championship in the Western United States. Teams from all over the country send swimmers to compete at this top flight swim meet. This year the Islanders sent eight swimmers

to compete at the meet held in Morgan Hill. Marlena Nip, Anna Sharpe, Chris Hausmann, Morgan and Danny Truong, Zoe Allen, Maddie Delore, and Catherine Boles. Everyone swam well at the meet earning new personal best times in many events. Chris Hausmann and Morgan Truong both made finals during the meet. Chris Hausmann also set new team records in the 100 and 200 backstroke. Con-

gratulations to all of these outstanding swimmers.

This month the Islanders begin the long course season. Good luck to all of our hard working swimmers during this fast pace summer season.

Fourteen and under swimmers should be looking out for information about the Relay meet which they will swim towards the end of May. This is always a very fun meet!, **Coach Bob**

ISLANDER SPOTLIGHT: MARLENA NIP

I recently had the pleasure of sharing a few morning walks with a fellow former swimmer who has been one of my best friends for over forty years. We met when we were six years old, swimming for what was then the Alameda Swim Team. We received our ten year trophies together (just the two of us!) after ten years of swimming on the team, swam for Alameda High School together, and were bridesmaids in each others' weddings. I attended her children's swim meets, and she now goes to meets to see our older daughter, Catherine, swim, and will bring our 6 year old daughter, Hannah, to the Novice Program practices when I'm unable to.

Why am I writing about this? Because I love the legacies found in the sport of swimming, and there are a lot of them in the city of Alameda. Most everyone knows of the health benefits associated with swimming, and the possibilities of earning athletic scholarships to college - important benefits, indeed - but in my experience, the memories and friendships that are formed because of swimming have been just as meaningful.

There are so many great kids on the Islanders, and the dedication that is needed to excel in the sport of swimming seems apparent in many of the kids' academic lives as well. If you haven't taken a moment to get to know some of the swimmers that are in Groups that you're unfamiliar with, you really should. Marlena Nip is currently a Senior at Alameda High School, and has been an Islander for ten years, enjoying success at the Junior Olympic,

Far Western, and Sectional levels, as well as leading AHS' swimming and water polo teams. Not only that, but Marlena's also smart and personable, so I asked her if she wouldn't mind my recognizing her in this newsletter, prior to her graduation. Marlena was characteristically gracious and humble in her response to me, but she was really excited to talk about a recent recruitment trip she went on. What follows here are Marlena's own words about one of her college recruiting trips. Marlena will be entering college as a Political Sci-

ence major, and hopes to become a lawyer one day.

"The summer before senior year started, I had no idea if I wanted to swim in college or not; it was really about finding the right fit school wise, and swimming came second. At the end of summer vacation I went on a road trip with my friend Sammy and Anna to look at colleges in Southern California. The last college we looked at was a small private school about 5 minutes away from LAX called, Loyola Marymount University. We drove around the



Marlena Nip (right) and a fellow recruit visiting Loyola Marymount University

tiny campus and I thought it was so perfect. I decided to check up on the swim program there and found out that I could potentially swim for the team.

I e-mailed the coach a dozen times and never got a response back. Finally sometime in February, I got an e-mail from the coach. She said that I would make the team with my times and that she would love for me to come down and take a look at the school. This was one of the most exciting moments for me because I couldn't believe that I could swim for my first choice of colleges. I ended up flying down to LA on a Thursday after school to take my first recruiting trip to LMU. I remember being so

nervous because I had no idea what to expect. Once I landed the coach picked me up and I was extremely nervous, but everything changed when I hopped into the car. Right off the bat, the coach and I started talking about what I was interested in studying, being Pre-Law, and she happened to major in the same thing. We automatically clicked and I knew from that point I was going to have the time of my life at LMU. I met pretty much the whole swim team and stayed with 2 of the sophomores on the team. The whole team was super nice and welcoming, it even felt like I knew them my whole life! I attended a Poetry class with one of the freshman, watched the women's water polo tourna-

ment., attended the swim banquet, and even got to watch a weight room training. When the time came to leave I had a talk with the coach. She asked me how my trip was and if I was committed to going to the school. Without thinking and in a heart beat I said "yes, without a doubt". I got to know the team and the school so well, and the campus honestly felt like a second home. It's nice knowing that all of the time and effort I have put into swimming since 3rd grade has paid off, and has allowed me to go to the perfect school. Now I won't have to say good-bye to swimming because I have 4 more years of it ahead of me."

Rebecca Boles

Islander Calendar

May 23	(high school) Jr.+	Walk-on	DVC
May 23	All	14-under relay meet,	Laney College
June 4-6	Junior+,		Pleasanton
June 26-27	C/B,		San Pablo
July 10-11	C/B/A+,		San Pablo
July 15-18	JO+T&F	Junior Olympics Championships,	Orinda
July 28-Aug.1	Q	Far Westerns,	Concord
Aug. 13-15		All	Alameda City Meet